

Department of Applied Human Sciences

<http://www.concordia.ca/artsci/applied-human-sciences.html>

ABOUT THERAPEUTIC RECREATION

What is THERAPEUTIC RECREATION?

Therapeutic Recreation is an evolving and specialized field that plans specific recreation activities and leisure experiences for marginalized groups, including people experiencing disabilities and other disadvantaged social conditions. As an exciting and young field of practice, Therapeutic Recreation attracts outgoing and caring individuals interested in developing a career in healthcare services.

WHY is therapeutic recreation IMPORTANT?

Because it can help people of all ages and backgrounds to:

GET WELL

- Therapeutic recreation contributes to a healthier mind and body

LIVE WELL

- Being as active as possible make life more satisfying—and fun!

STAY WELL

- Once a person feels well, therapeutic recreation can help maintain that sense of wellness.

THERAPEUTIC RECREATION at Concordia

The Concordia Therapeutic Recreation program is designed to assist students to gain competencies in the process of developing, planning and implementing therapeutic activities for a variety of client populations. Learning occurs within the classroom but also through a number of applied learning experiences throughout the program. These learning experiences take the form of small course specific stage placements and the pinnacle of their applied learning in a 9 credit Internship course.

Therapeutic recreation has a lot to offer:

THERAPY

- To improve abilities that enhance independence and make participation in recreation possible

RECREATION

- To promote health and growth in a rewarding and enjoyable manner

EDUCATION

- To teach or enhance recreation skills and attitudes that can be used through-out life

Therapeutic Recreation CAN HELP PEOPLE REACH THEIR GOALS

Various programs help individuals:

- *WITH PHYSICAL AND SENSORY IMPAIRMENTS*
- *WITH INTELLECTUAL IMPAIRMENTS*
- *WITH MENTAL HEALTH ISSUES*
- *WITH COGNITIVE IMPAIRMENTS*
- *WITH ADDICTIONS*
- *WHO ARE INVOLVED WITH THE CRIMINAL JUSTICE SYSTEM*

WHERE does therapeutic recreation take place?

In many different settings. Services may be available in or through:

- Hospitals
- Rehabilitation centers
- Long-term care facilities
- Community mental health centers
- Schools
- Community recreation and park departments
- Senior centers
- Home health care agencies
- Camps
- Youth and adult correction centers
- Group homes
- Vocational training centers
- Sheltered workshops
- Many other places

HOW does the therapy process WORK?

Programs and services are designed in collaboration with the individuals to meet their needs. Therapeutic recreation specialists work with a multidisciplinary team of professionals to:

1. Conduct an assessment of the person's abilities, interests, needs and desires;
2. Set goals – both short-term and long-term—based on the findings of the assessment;
3. Design a written plan to achieve goals, and put that plan into action; and,
4. Evaluate progress periodically to determine how well the person is meeting those goals, and revise the written plan if necessary.

Who are the MEMBERS of the multidisciplinary team?

The therapeutic recreation specialist works collaboratively with a group of highly skilled, experienced people, including:

Physicians and nurses who care for medical needs;

Psychologists who facilitate coping with emotional problems;

Physiotherapists who help restore physical abilities;

Occupational therapists who develop skills necessary for self-sufficiency;

Social workers help the person and his/her family to adjust to new situations by providing counselling or directing the person to other sources of help;

Speech-language pathologists help with communication problems;

Dieticians who counsel about healthy nutrition; and,

Vocational counsellors help the person prepare for and find work.

But HOW does therapeutic recreation HELP?

By providing different services to meet different needs and build on individual strengths.

For example, therapeutic recreation may be used to:

LEARN NEW SKILLS AND ADAPT OLD ONES TO COMPENSATE FOR CHANGES ON ABILITY;

ENHANCE PHYSICAL HEALTH, including muscle strength, balance, coordination, flexibility and mobility;

BUILD CONFIDENCE and self-esteem by focusing on strengths, and by developing skills that make success possible;

PROMOTE GREATER SELF-RELIANCE in order to facilitate independent living;

STRENGTHEN INTERPERSONAL SKILLS by encouraging individuals to join in activities that nurture social relationships and create feelings of acceptance;

MANAGE STRESS through activities that relax both mind and body;

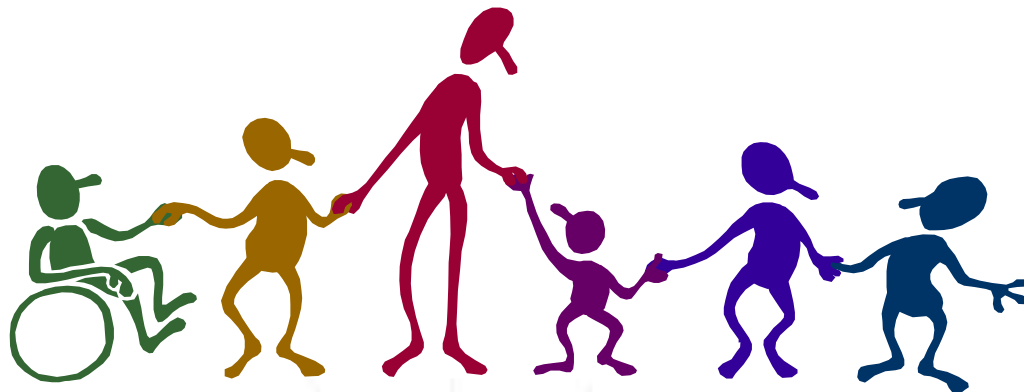
ENRICH LIFE by providing opportunities for creativity and self-expression;

EASE FEAR of medical procedures or hospitalization;

LEARN BY DOING, and give themselves credit for their efforts and achievements;

EXPRESS FEELINGS in positive and effective way;

And, most importantly, by *HAVING FUN!!!*



ADAPTED FROM 'About Therapeutic Recreation'
A booklet published by:
National Therapeutic Recreation Society
3101 Park Centre Drive, 12th Floor
Alexandria, VA 22303